What You Can Do To Avoid the Flu

Get the flu shot

Flu shots are available at the GLWACH immunization clinic for military beneficiaries. Call 573-596-1768 for more information.

Other things you can do to protect yourself and your family from the flu:

Cover your mouth and nose

Wash your hands.

Avoid touching your eyes, nose or mouth.

Stay home when you are sick.

Avoid close contact with people who are sick.

or more information please visit www.cdc.gov